

The New Furore for TENNIS

THE tremendous furore for tennis that is sweeping the country this summer is ascribed by devotees of sport to the fact that the normal woman at last has realized that she must have an outdoor game which will quicken her blood and stir her brain. No longer is she willing to put up with only lazy, gentle exercises. She wants a game that develops pluck and spirit—yes, the fighting spirit. If you please—as may be witnessed by the fact that thousands of women throughout the country today are actually putting themselves through army manoeuvres and roughing it in their own military camps.

Is this a psychological effect of the world-war—that woman should feel that she is called upon to develop pluck and a fighting spirit? If so, she doesn't have to resort to military training. Tennis is at hand, a sport that such noted women tennis players as Molla Bjurstedt, Marlon Chapman, Eleonora Sears, Mrs. George W. Wightman, Mrs. T. M. Bundy (May Sutton), Miss Mary Browne and others say is a game that has every perfect element of exercise for women.

There is no tennis age; the limit is mental. This is the opinion of

ing of the knowledge that a stroke is not well played unless the ball goes to the intended spot; (6) as much speed as is consistent with accuracy.

"Use your own racket. Find one that exactly suits you in weight, balance and grip. It pays to buy the best in rackets. When your racket is not in use, keep it in a press. The frame must always be true, else the face of the racket will have odd angles and the ball will fly off in all sorts of queer directions. Most players prefer an evenly balanced racket, and probably such is best



Photos by Brown Bros.

Miss Molla Bjurstedt, the Norwegian girl who left her land of the fabled midnight sun, came over here and captured the national, middle states, metropolitan, clay court and indoor woman tennis championships in 1915, and is now indoor champion for 1916.

After her remarkable tennis career in the United States, in which she has earned nearly every woman's title of importance, Miss Bjurstedt turned author and in a book entitled, "Tennis for Women," from which the following excerpt is taken, tells simply and from her own experience, the points every woman should know about the game.

"Nearly every girl or woman will be helped by playing tennis," says Miss Bjurstedt. "Strength, quickness, grace, agility and general good health are the rewards. Tennis keeps the player in the open air amid the most healthful surroundings; you have to move quickly, your hand and your foot must obey your mind and you are forced to forget poses and all that unnatural sort of thing.

"Tennis is not too violent. A weak woman may adapt her game to the limits of her physique; she will play a gentle game until more strength permits her to play harder and faster.

"Tennis is not for the girl who wants a milk-white face covered with paint and powder; if that is the ideal of feminine beauty, tennis and every other outdoor game must be avoided. But I think a coat of tan and a freckle or two are normal. I have no patience with the languishing, made-up beauty; she is not much more human than a dress-maker's dummy.

"Play tennis if you wish a lithe, slim figure, a clear, healthy complexion, and a co-ordinated body and brain.

"The points in the woman's game are: (1) Accuracy in placement; (2) the development of the driving, baseline game as opposed to the net game; (3) the accuracy and not the speed of the service; (4) the conservation of energy; (5) the ground-

for the beginner; one can afterward experiment a little on weights. Very few girls will do well to take a racket heavier than 13½ ounces. Mrs. Bundy, Mrs. Wightman, Miss Mary Browne, in fact all the best American women, use that weight.

"The size of the grip is very important; you can never learn to play unless you have an entirely comfortable handle. A grip of 5¼ inches is the usual size. A firm grip cannot be had unless the handle is dry during play. If your hands perspire, wind the handle with tape.

"Several ways of holding the racket are in vogue; I think the 'American' way is the best. It is as follows:

"Grasp the racket at the very end, resting the butt against the base of the palm. To get the proper leverage and freedom it is necessary to take the racket at the very end.

"Having learned the grip, you will be ready to take up the strokes of tennis.

"A stroke in tennis is a blending of the whole weight and force of the body. The arm and the racket are merely the means of communicating this force to the ball. You do not hit the ball with the strength of the arm; in a well-executed drive you will not use much of the arm. You will rather lean against the ball with your racket. This stroke involves the right movement of the feet and of the body, as well as the true, firm swing and follow through of the racket.

"Keep your eye on the ball! No stroke can be well or accurately made unless you have your eye glued to the ball from the very moment it leaves your opponent's racket.

"Strokes are divided broadly into ground strokes, in which the ball is hit after it has bounced, and volley strokes, where the ball is hit before

Three Photographs of the "Norwegian Wonder," Molla Bjurstedt, Who Holds a Foremost Place Among Women Players.

Mrs. Dick (formerly Mrs. John Jacob Astor).



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From a Rather Astonishing Photograph Taken at a Tennis Field Day Showing How Strenuously the Modern Girl Plays the Exciting Game.



Eleonora Sears.

Paul Thompson Photo

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May Sutton in Action.

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while the backhand strokes are hit on the left of a right-handed player.

"A 'drive' is a ground stroke hit low over the net. It should have speed. A 'lob' is a ground stroke hit high into the air to bound in the back of the court. It may also be made on the volley, but it is rarely so made. The 'service' is the stroke which starts the ball into play. The 'smash' is a very hard volley to 'kill' the ball for an 'ace,' points you will win. Speed is essential if you are going to place a return where an active opponent will not reach it. The whole idea of tennis is to send the ball quickly to a given point. Obviously, you will select the shortest route to that point and propel the ball with all possible speed.

"When serving, stand in the middle of the court back of the base line. Be careful not to cross the line on delivery or you will have a foot-fault called on you.

"It is usually well to start serving to your opponent's backhand, for most girls have weak backhands. Be careful that your position before delivery does not betray the destination of the ball. Some girls tell you by their movements exactly where the next service is coming. An occasional variation of speed and length is desirable, but be wary of the slow ball against a good opponent; she will do as she likes with it and probably score.

"Once you have served, do not let your impetus take you into the court unless you are playing the net game. Stand behind the base line to await the return, with your eye always on the ball. Then return as the play warrants.

"Provided the tennis costume is light and free, the choice may roam through a hundred styles and materials. One may dress very sensibly for tennis, and at the same time look

and straight out in the line of the arm. Therefore, you will bend over to drive low balls, rather than scoop them up with a vertical racket.

"As you swing back your racket, tighten your grip and firmly control the racket with your wrist. The wrist will control direction, and a slight snap of the wrist as the ball is taken adds crispness to the stroke. Only practice will teach you just how much the wrist determines the direction of the ball. You should 'feel' the ball.

"A drive should bounce very near to the base line to be effective; that keeps your opponent in back court

well. A shirt waist of some light material and a linen skirt make the best and neatest costume. Of course, the only permissible color is white—white waist, white skirt, white stockings and white shoes.

"The sun seriously affects many girls. In such cases a fair-sized panama with a turn-down brim is the only sensible headgear. An ordinary hat will not stay on and it is also too heavy.

"The shoes should be very light. Buckskin shoes with heavy rubber soles are entirely unsuitable for the tennis court. If one likes a rubber sole for all kinds of courts, a 'sneaker' or other very light half-shoe is much to be preferred.

"Select your whole costume with the idea of freedom of movement. Your skirt should be short and wide enough not to hamper any jump or stride which you may happen to

and gives you a far better chance for a sizzling return to a corner.

"What is accuracy? If you can come within a foot of any given point at the back of the court, either on the side lines

or the base line, you are accurate. "After accuracy, go in for speed; the harder you can drive, the more points you will win. Speed is essential if you are going to place a return where an active opponent will not reach it. The whole idea of tennis is to send the ball quickly to a given point. Obviously, you will select the shortest route to that point and propel the ball with all possible speed.

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make. It should be at least six inches from the ground. For freedom's sake the shirt waist should be open at the throat and should be full

enough to admit of an unrestricted arm movement in any direction. I suggest washable materials, because, especially on clay or dirt courts, one becomes very soiled through an afternoon's play. And then most of the washable fabrics are lighter in weight than the unwashable.

"A sweater coat or polo coat should always be at hand to put on immediately after practice or a match to avoid the possible chill following overheating.

"A set or two of tennis in the morning, with possibly some practice of individual strokes, and two or three hard sets in the late afternoon, will put any one into proper condition."

Lights His Pipe Electrically

WILLIAM H. FULTON of New York city describes in a patent the defects in the ordinary tobacco smoking pipe resulting from the distillation of the moisture on account of the air being drawn down through the unburnt portion of the tobacco and claims this can be avoided by igniting the tobacco initially at the bottom of the bowl. To do this he provides at the base of the pipe bowl an electric conductor which is energized by a plug connected up to an electric lamp socket so that as the pipe is being lighted the lamp filament will glow to indicate when the tobacco igniting conductor is operating.

